

# **Lobster Stew**

Eating lobster in a restaurant is not easily affordable and often part of a high gluten meal. However, when the grocery store has lobster tails for \$5.00 a piece, it was worth cooking at home. Cooking a whole lobster is a lot more difficult than just the tails. Crack the tails to allow them to cook better and be easier to eat. Nut cracker implements help get the meat out of hidden areas. It's a messy meal. Wet washcloths at every plate are necessary. The double boiler method requires plenty of liquid and the seafood stew is not stirred.

## **Pre Cook Preparation:**

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal

## **Meal Adaptations:**

### **Physical Accommodations:**

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

### **Visual Accommodations:**

Colored chopping boards

## **Potential Food Allergy or Intolerance:**

Broccoli

Butter (lactose)

Clams

Crab

Fish

Lobster

Mushrooms

Mushroom Soup (gluten)

Mussels

Octopus

Onions

Oysters

Pepper

Salmon

Shrimp

Spices  
Squid  
Tuna

**Meatless Preparation Avoid:**

Butter  
Clams  
Crab  
Lobster  
Mussels  
Octopus  
Oysters  
Salmon  
Shrimp  
Squid  
Tuna

Substitute with: \_\_\_\_\_

**Utensils:**

Chopping board  
Fork  
Paring knife  
Pot holders  
Spatula  
Spoon  
Pan: 1 double boiler with strainer insert

**Ingredients:**

**Meat: (listed can ounces may vary)**

2 lobster tails  
6.5 ounces of clams  
6.5 ounces of crab  
4 ounces of mushrooms  
5 ounces of tuna  
5 ounces of salmon  
5 ounces of miniature shrimp

**Optional:**

4 ounces of mussels  
4 ounces of octopus  
8 ounces of oysters  
4 ounces of squid

**Vegetables:**

6 ounces of peas

**Other ingredients:**

2 tablespoons of butter

Mushroom soup (gluten free)

**Preparation time: 10 minutes**

**Preparation:****1. Add to the double boiler:**

6.5 ounces of clams

6.5 ounces of crab

4 ounces of mushrooms

18 ounces of mushroom soup

6 ounces of peas

5 ounces of salmon

5 ounces of miniature shrimp

5 ounces of tuna

**2. Stir mixture.****3. Add small strainer to the top of the double boiler.****4. On a cutting board, slice the lobster tails open.****5. Place the lobster tails in the strainer of the double boiler.****6. Add a tablespoon of butter inside the opening of each tail.****7. Cover and cook on medium until lobster meat changes color.**

**Cook Temperature: Medium to low**

**Cook Time: About 10 to 15 minutes (Do not overcook lobster)**

**Servings: 2 servings with lobster. Stew may make 4 servings.**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to cool enough to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Not recommended.